

### Abstract of the Disclosure

Various exercise systems include first and second selectorized dumbbell assemblies; and a frame having first and second weight supports to support respective dumbbell assemblies.

5 Generally speaking, the systems assume multiple configurations to facilitate both use and storage of the dumbbell assemblies. Many of the systems include at least one body supporting platform that is movable between a first position that is suitable for exercise, and a second position that is suitable for  
10 transportation and/or storage.